

## TRACKING ...

### NEWS

Classes teach relief for stress

PAGE 3



Swimmers train to be lifeguards

PAGE 4



U.S. forces help victims in Japan

PAGE 8

### FAMILY

Mom remembers value of family

PAGE 13

### INDEX

News	3-10	FMWR	22
Op-Ed	16	Health	23
Around Post	17-18	Police/Legal	24
Happenings	19	Sports	25

# The Fort Jackson *Leader*

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# First in drill



Courtesy photo

Left, Galen Grant was a drill sergeant at Fort Jackson in the late 70s and early 80s. She was the first woman to win the post's Drill Sergeant of the Year title. Right, today, Grant, a psychologist, volunteers with the 165th Infantry Brigade, teaching drill sergeants and their spouses about dealing with the demands of drill sergeant duty.



Photo by Chris Rasmussen

## First female DSoY set the standard

By CHRIS RASMUSSEN  
Fort Jackson Leader

There was a time at Fort Jackson when female drill sergeants could not lead trainees through the Bayonet Course and perform some of the same duties as their male counterparts.

Galen Grant, a drill sergeant at Fort Jackson in the late 70s and early 80s, remembers those times. In fact she helped

break down those barriers, becoming the post's first female Drill Sergeant of the Year in 1983.

"It was thought that female instructors could not instill the spirit of the bayonet, which was to kill," she said of the training exercise eliminated last year. "It was a shock and kind of a slap in the face."

Women were first allowed into the drill sergeant program in 1972 when six noncommissioned officers from the

Women's Army Corps were enrolled in the drill sergeant program at Fort Jackson.

Grant, who was assigned to West Point, had 18 months of service when she enrolled in the program in 1977 and was assigned as a drill sergeant to the 2nd Infantry Brigade at Fort Jackson. She served in the 10th and 6th battalions.

"I loved getting up and going in because I never knew what the trainees were going to

See **GRANT:** Page 10



# New center part of resiliency mission

**R**ecently we opened the Family Life and Resiliency Center and took another major step in providing the Soldier and his or her family members — as well as DA civilians — the most advanced and comprehensive resiliency programs the Army offers.

The FLRC on Fort Jackson is a dedicated center of resources to enhance physical, emotional, social, family and spiritual resiliency. It is operated by a team of professional caregivers to include chaplains, resiliency leaders and trained volunteers.

The opening of the center means that we can now integrate the Family Life Chaplaincy into our overall resilience approach. This complements our effort to provide resiliency training across Fort Jackson. As part of the Comprehensive Soldier Fitness Program, we have been producing master resilience trainers since the opening of the Army's 10-day Master Resilience Training course in April 2010.

Remember that the Comprehensive Soldier Fitness program is geared toward the development of holistic fitness to enhance and build resilience in our Soldiers and families. The CSF goal is to build on five dimensions of strength: physical, emotional, social, spiritual and family. Keep in mind that resilience itself refers to the ability to grow and thrive in the face of challenges and to bounce back from adversity. Master resilience is one of four elements of the

**MAJ. GEN.  
JAMES M. MILANO**  
*Fort Jackson  
Commanding  
General*



CSF program.

The Family Life Chaplaincy approach is different from master resiliency, which focuses primarily on mental fitness.

The FLRC delves into the spiritual aspect. Here on Fort Jackson, this approach is combined under one roof. A person receives the best of clinical counseling and the best of proactive training. Venues that focus on the family and spiritual aspects of the resiliency model comprise the bulk of training events.

I am excited to see that we have these programs in place. Even though the FLRC is chaplain-based, it doesn't mean that a person has to be religious to take advantage of the services that are being offered at the facility. The key is to seek counseling or help when you believe that you need it.

We must continue to tear down the misconception that if someone seeks psychological or emotional help, he or she is displaying a sign of weakness — nothing could be further from the truth. It is OK for someone to seek help. Frankly, the act of a person admitting that he or she needs help takes courage.

As Army leaders, we have must continue to arm our Soldiers with all the mental tools that they need so that they can successfully deal with the challenges we encounter from persistent conflicts. I am a firm believer in master resilience and the great work from our Family Life Chaplains program. We are showing Soldiers and their families how to confront challenges in a positive way so that they can grow from their experiences.

Positive psychology continues to gain ground in today's Army, as we have seen the effects of "Army Strong," a parallel program that was launched several years ago. The mental and emotional fitness of our Soldiers and families no longer takes a back seat to physical fitness. Soldiers need to maintain their psychological fitness and it's the Army's responsibility to make sure that each and every Soldier has the most advanced training and counseling available.

The opening of the FLRC is another prime example of doing just that.

Army Strong and Victory Starts Here!

## *The Fort Jackson* **Leader**

**Fort Jackson, South Carolina 29207**

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# SOS vital for families of fallen

**I**commanded the 3rd Infantry Division out of Fort Stewart, Ga., as part of the surge in Iraq in 2007-2008. During that time, 153 Soldiers died in combat, in a place on the battlefield where I put them. I pray for those Soldiers and their families every day. Their loss is something I have to live with.

For any leader, the loss of a Soldier hits hard. But the loss that survivors experience is magnitudes deeper and wider, because they have lost not just a Soldier, but a friend, a son or daughter, a husband or wife, a father or mother.

When I visit installations, I meet with those who have lost loved ones on active duty. I make sure to talk with survivors for two reasons. One reason is that now, as the IMCOM commander, I need to know how we are doing with one of our newest programs, Survivor Outreach Services. The other reason is that survivors need to know that the Army recognizes and honors their Soldier's service and sacrifice.

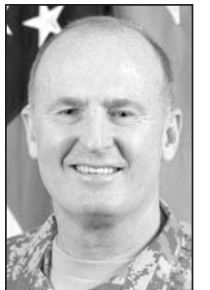
The best, most meaningful thing we can do to honor our fallen Soldiers is to support and care for those they left behind. Survivor Outreach Services was established in April 2008 to do just that, in a more comprehensive manner than ever before.

The Army is fortunate to have a leader like Chief of Staff Gen. George W. Casey Jr., who had the vision and compassion to propel the effort to support survivors beyond casualty assistance alone. Casualty assistance officers work with families during a very difficult time, a heart-rending time, when families are notified of their Soldier's death and have to make funeral arrangements and decisions about entitlements and benefits.

But grief is very personal — it cannot be standardized or resolved in a set time period. With the help of a panel of survivors selected by Casey, SOS was developed to provide longer-term, expanded support and care, taking up where casualty assistance ends.

SOS offers support through benefits coordinators, who help Survivors understand and apply for local,

**LT. GEN.  
RICK LYNCH**  
*IMCOM  
Commanding  
General*



state and federal benefits; financial counselors, who assist through investment and estate planning education; and support coordinators, who facilitate support groups, provide life skills education and connect survivors with counseling resources.

More than 200 SOS personnel are now working on installations throughout the United States and overseas, to include National Guard and Reserve locations. The three components work and train together very closely on this One Army program, to provide SOS services closest to where survivors live.

It does not matter how a Soldier died, and there is no time limit on SOS services. SOS coordinators extend a hand as Survivors are working with casualty assistance officers in the first few months after a Soldier's death, but survivors do not have to accept assistance right then or ever. They can decide to return months or years later. The important thing is for survivors to know that the support is there. They are not alone — they are part of the Army Family for as long as they want to be.

There are also no exclusions in the definition of a survivor. For the SOS program, a survivor is anyone-immediate family, extended family, a friend, a fellow warrior-who feels the loss of a Soldier. Every survivor is not entitled to the same benefits under law or regulations, but SOS coordinators will work with any survivor to



# ASAP offers relief from stress, anxiety

By **SUSANNE KAPPLER**  
Fort Jackson Leader

The Fort Jackson Army Substance Abuse Program, which traditionally addresses issues of alcohol and drug abuse, will expand its programs by offering a six-week stress and anxiety reduction class, scheduled to begin Wednesday.

Pierre Wilkins, a social worker with ASAP, explained that the goal is for people to identify stressors and stress symptoms and to learn how to reduce their stress levels. A second class building on the first one may become available if the need arises.

"The initial plan is to have six weeks (of classes) for people to see how they do," Wilkins said. "If we find there are some people who still have not gotten to the point where they feel healthy about their stress level, we'll go into more experiential (techniques), which we will do in the second six weeks (of class)."

The class will start off with an evaluation of the participants' stress level, which includes inherently negative stress, such as a deadline, and inherently positive stress, such as a family event.

"We're going to be starting with looking at the person's recent experiences — that can be over the last two or three years — and evaluating what his or her stress level is," Wilkins said. "At the end of that session, each person there should be able to know, 'What's my stress level, and is that a healthy level or a level that I may want to work on?'"

After that, participants will identify if they have any stress-related symptoms, such as frequent headaches, anxiety or depression, and how severe these symptoms are. Once the symptoms are identified, the focus of the class will shift to changing behavior to reduce stress.

The change in behavior will be based on the participants' individual needs, Wilkins said.

"For example, some person might say, 'I don't like shopping,' or, 'I don't shop often, and I'm kind of tied to my personal space.' Maybe the goal would be to say, 'Go out shopping today and buy something that you find frivolous or not meaningful and see how it feels,'" he said.

Wilkins said he hopes that most people will be able to deal with their stress better after the first six weeks. For those who would like to continue working on their stress reduction, the second six-week class will examine how breathing and other physical factors contribute to stress and relaxation, said Bill York, a social worker with ASAP.

York will also offer a series of individual biofeedback sessions to people who want to continue after the second six-week class.



**Above, Pierre Wilkins, social worker with the Army Substance Abuse Program, demonstrates use of the biofeedback equipment at Moncrief Army Community Hospital. The screen shows images that are designed to either increase or reduce stress in the participant. Throughout the biofeedback sessions, participants learn how to control their reaction to stressors. Left, participants in biofeedback sessions are connected to electrical sensors, which measure heart rate, breathing rate and skin temperature among other things. The measurements provide feedback about the person's stress level.**

*Photos by SUSANNE KAPPLER*

York described biofeedback as a "noninvasive treatment technology that is based upon the principle that changes in thinking and emotions can result in changes in the body."

People who participate in biofeedback sessions are connected to electrical sensors, which measure an array of bodily functions, such as heart rate, breathing rate, skin temperature and muscle tension. While connected, the participant is subjected to visual and auditory stimulants.

At the beginning of a session, a baseline is established and the participant is exposed to images and sounds that are designed to relax him or her.

"Then, all of a sudden, for 30 seconds, we show you things that are going to startle

**“** We're going to be starting with looking at the person's recent experiences ... and evaluating what his or her stress level is. **”**

**— Pierre Wilkins**  
Social worker

you, like creatures and various things that you will have a response to," York said.

For a Soldier, those images might include combat scenes, York said.

"We're talking about de-stressing and all of a

sudden (the Soldier) sees a picture of a rooftop, and I watch his heart rate triple in half a second," York said.

The session will also analyze how long after the exposure to the stressor the person's stress level remains high.

"What we do then is we look for change. Does your heart rate begin to go back down? Does your blood pressure begin to go back down in that follow-up phase?" York said. "A lot of people who are stressed, they don't recover. Their heart rate stays up.

Their breathing rate stays up."

Throughout the sessions, people practicing biofeedback will learn to control their physical reaction to stressors, which will be reflected by the images on the screen.

For example, participants are shown an image of the sun setting over the water. As the person relaxes, the sun begins to set and the ripples in the water begin to calm.

"The advantage to this is you're instantly seeing what your body is telling you," York said.

The six-week stress and anxiety reduction class is open to all ID card holders, but a medical referral is needed to schedule a biofeedback session.

The classes are scheduled from 3 to 4:30 p.m. at the seventh floor group room at Moncrief Army Community Hospital. For more information and to register, call 751-6597.

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Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao) for breaking news and updates.



# Post hosts lifesaving training

By **CHRIS RASMUSSEN**  
Fort Jackson Leader

Soldiers and family members from the surrounding community are taking advantage of a Family and Morale, Welfare and Recreation program that certifies them as lifeguards and whips them into shape at the same time.

The course, which certifies Soldiers to be lifeguards for pool physical training and others to work as lifeguards during the summer, will be offered five times before the end of June at Knight Indoor Pool.

"It is challenging. We were in the water eight of the nine hours during the last Saturday class," said Sgt. Daniel Mulvany, noncommissioned officer-in-charge of the Physical Training and Rehabilitative Program clinic at Moncrief Army Community Hospital.

"CPR and first aid is pretty much the same as my Army training, but when you get in the water and have to deal with a casualty, it can be pretty difficult," Mulvany said.

To qualify for the class, participants must be able to swim 300-meters continuously doing the front crawl and breaststroke. They must also swim to the deep end of the pool, dive down and pick up a 10-pound brick, return to the surface and swim back to the starting point holding the brick over their head. Each candidate must accomplish this with his or her face above the water and within the 1 minute, 40 second time limit.

"You have to be a decent swimmer," said Amanda Orduno, assistant aquatic director and a lifeguard trainer. "We are not asking for competitive swimmers to be lifeguards, but they have to be able to pass our swimming tests."

In addition to CPR and first aid training and certification, participants are trained in deep-water rescue, active drowning and other emergency scenarios.

"It was interesting seeing all of the different scenarios that could happen," Mulvany said. "I don't expect something to happen when I am doing lifeguard duty, but I will know what to do in any situation."

Mulvany and several other drill sergeants, NCOs and officers in the PTRP, which rehabilitates Soldiers injured during BCT, are enrolling in the course so they can be lifeguards when they do water PT with their Soldiers.

"PT in the pool allows them to do different things that they can't do at full weight bearing," he said. "We see a lot of knee injuries, and the buoyancy allows much less of an impact."

"We don't have a set routine when we



Photos by **CHRIS RASMUSSEN**

**Clockwise, Staff Sgt. Krystle McGrath performs CPR on a training dummy during a Lifeguard Training Course at Knight Indoor Pool last week. Right photo, Sgt. Daniel Mulvany pulls McGrath from the water during a pool training exercise. Bottom right, McGrath coaches Mulvany as he practices CPR on a dummy. Participants who finish the course will be certified lifeguards.**

do PT in the water. Usually we warm them up with some jogging in the pool and doing different movements. Then we might have them play tug of war with the losing team having to swim a lap. We also have them tread water while holding a brick."

Pool PT is also used by other units on post looking for a change from the typical PT of running and calisthenics.

The course is also offered to anyone who is at least 15 years old by the last day of the course.

"Anyone interested can train here to become a lifeguard and also apply to be a lifeguard at Fort Jackson facilities," Orduno said. "We hire a good portion of our staff for Palmetto Falls and Legion Pool from the training course we have here."

The five-class lifeguard course is \$100 for DoD ID card holders and \$150 for non-ID card holders. Each class runs 4 to 9 p.m. Fridays, 9 a.m. to 6 p.m. Saturdays and 1 to 6 p.m. Sundays; and the following Saturday and Sunday with the same times.

"It has been a really fun class and a great way to get in a little extra PT," said Staff Sgt. Krystle McGrath, a drill sergeant with the 120th Adjutant General Battalion (Reception). "I know all of us will be prepared in case of a medical emergency or problem in the water."

The next course is slated to begin March 25. You can register at the Solomon Center, Marion Street Station or online at <https://webtrac.mwr.army.mil/webtrac/jackson-rectrac.html>.

*Chris.Rasmussen@us.army.mil*





## News and Notes

### TRADOC COMMANDER NAMED

Lt. Gen. Robert Cone has been confirmed as commanding general of TRADOC. Cone is currently serving as commanding general, III Corps and Fort Hood (Texas).

### DUAL DFAC OPENS

The 1st Battalion, 13th Infantry Regiment barracks complex and the dual dining facility officially opened with a ribbon-cutting ceremony Friday. The DFAC is expected to begin serving Soldiers next week.

### LEARN TO DRIVE WITH SKIES

The SKIESUnlimited program is now offering off-post driving lessons in conjunction with a local driving school. The next class is scheduled for March 26 and runs 8:30 a.m. to 4:30 p.m. that Saturday. Students will receive eight hours of classroom instruction and six hours of behind-the-wheel instruction. The class costs \$225 and is for children 15 to 18 with a learner's permit. Future class dates are: April 9, April 23, May 7 and May 21. Call 751-6777 for more information.

### COMMUNITY HEALTH FAIR SET

A Community Health Fair sponsored by the Family and Morale, Welfare and Recreation's Fitness Department is scheduled for 11 a.m. to 4 p.m., April 1.

### IAC/AFAP TO MEET

The Installation Action Council/Army Family Action Plan Steering Committee will meet 9:30 to 11:30 a.m., March 25 in the Post Conference Room. Issues submitted by the Fort Jackson community for AFAP consideration will be discussed and voted on. This event is open to the public. Call 751-6315 for information.

### PROHIBITED PERSONNEL PRACTICES

Prohibited personnel practices are those things a federal employee with personnel authority may not do.

Federal employees have personnel authority if they can take, direct others to take, recommend, or approve any personnel action.

This includes appointments, promotions, discipline, details, transfers, reassignments, reinstatements or any decisions concerning pay, benefits, training, and any decision to order psychiatric testing or examination.

A personnel action now also includes any significant change in duties, responsibilities, or working conditions which is inconsistent with the employee's salary or grade.

People with personnel authority — managers and supervisors — are charged with avoiding prohibited personnel practices.



Air Force photo by SENIOR MASTER SGT. PAUL HOLCOMB

**U.S. Air Force Tech. Sgt. Vontez Morrow preps U-2 pilot U.S. Air Force Capt. Beau Block for a humanitarian mission to Japan from Osan Air Base, South Korea Sunday.**

# U.S. providing aid to Japan

*Troops assist with humanitarian relief efforts in wake of disaster*

**By FRED W. BAKER III**  
*American Forces Press Service*

WASHINGTON — U.S. military forces are working alongside their Japanese counterparts to provide aid as the country digs out in the aftermath of the massive 8.9 magnitude earthquake and tsunami that struck March 11.

“Because of the longstanding and close working relationship between the U.S. military and its Japanese counterparts on a daily basis, the United States military has humanitarian assistance capabilities positioned in the affected regions that are ready to support emergency relief efforts and minimize human suffering,” U.S. Ambassador to Japan John V. Roos said in a statement to the media Sunday.

Dubbed Operation Tomodachi, which is Japanese for “friendship,” U.S. military assets mobilizing in the area include a wide range of equipment, air, sea, and ground capability and expertise.

“We have units from all of our services, with a multitude of capabilities, from medical to communications to civil engineering, poised and ready to support where needed,” Roos said.

Yokota Air Base in Japan was instrumental in recovering airline traffic in the hours immediately following the earthquake, Roos said. Also, Yokota is being used as an alternate airfield for planes that cannot land at Tokyo's Narita

Airport. The air base is also providing food and shelter for displaced Japanese, according to reports.

U.S. Air Force and Marine helicopter and transport aircraft were moved from Okinawa to the U.S. military bases on Honshu.

Two SH-60 Seahawk helicopters from the U.S. Naval Air Facility Atsugi have already delivered 1,500 pounds of rice and bread to people in the town of Shiroishi, in one of the worst-hit parts of Japan, according to reports.

Marines and Sailors from III Marine Expeditionary Force are supporting relief operations and its subordinate units are providing command and control, aviation and logistics support, according to Marine Corps officials.

The troops are capable of providing food, water, transportation and other relief support.

The proximity of aviation assets at Marine Corps Air Station Futenma in Okinawa has allowed Marines from III MEF to quickly deploy critically needed supplies and aid to areas that need it most, officials said.

“In a matter of hours, supplies, gear and manpower began flowing into mainland Japan with more to follow,” said Marine Lt. Col. Karl C. Rohr, the assistant chief of staff of current operations for III MEF.

Numerous AMC aircraft and crews have been placed on alert, according

to officials, positioning forces to take-off within hours of receiving the call to support the humanitarian relief effort.

## Take precautions, officials urge

**By JIM GARAMORE**  
*American Forces Press Service*

WASHINGTON — Officials told personnel in and around Fleet Activities Yokosuka and Naval Air Facility Atsugi in Japan today to limit outdoor activities and to turn off air conditioning due to the detection of low levels of radioactivity.

U.S. 7th Fleet officials said sensitive instruments aboard the USS George Washington, docked at Yokosuka, detected low levels of radioactivity released from the Fukushima Dai-Ichi nuclear power plant.

Limiting outdoor activities and turning off air conditioners “are strictly precautionary in nature,” the announcement said. “We do not expect that any United States federal radiation exposure limits will be exceeded even if no precautionary measures are taken.”

Officials stressed that these are low-level readings and the public is not in danger.



Housing Happenings

- ❑ Please contribute to the area beautification by properly disposing of pet waste and/or reporting ongoing pet-related concerns to management.
- ❑ Anyone interested in participating in a twice-weekly walking group should contact Alana at 738-8275 to provide feedback on times and days.
- ❑ Balfour Beatty is now accepting geographical bachelors and bachelorettes for on-post housing. Call 738-8275 for more information.
- ❑ The RCI Housing Office is now located at 2441 Essayons Way (next to the RV lot).
- ❑ Refer someone to live on post and receive \$250. For more information, call 738-8275.
- ❑ Balfour Beatty is on Facebook. Search “Fort Jackson family housing” and click “like” to stay up to date on housing happenings.

CONSTRUCTION UPDATE

- ❑ To date, 286 homes have been completed.
- ❑ There are a total of 699 homes demolished to date.
- ❑ A portion of Parker Lane is currently closed. Accessibility will be maintained via Chesnut Road to allow access to various buildings, including the Child Development homes.
- ❑ Portions of Furman-Smith Road and Knight Avenue are fenced as construction continues. Those needing access to the area should enter and exit from Knight Avenue via Gilmer Street.
- ❑ Phase III demolition is in progress along Chesnut Road, near Hunt, Hartley and Thomas courts. Those living and traveling in the area should take special care to ensure safety.



<b>March 18 — 4 p.m.</b> Delgo	PG
<b>March 18 — 7 p.m.</b> The Roommate	PG-13
<b>March 19 — 5 p.m.</b> The Eagle	PG-13
<b>March 20 — 5 p.m.</b> The Roommate	PG-13
<b>March 23 — 2 p.m.</b> The Eagle	PG-13
<b>March 23 — 7 p.m.</b> The Roommate	PG-13
<b>March 25 — 4 p.m.</b> How to Train Your Dragon	PG
<b>March 25 — 7 p.m.</b> Just Go With It	PG-13
Adults: \$4.50 Children (12 and younger): \$2.25	

New NCOs



Photo by STAFF SGT. SEAN MILLER, 187th Ordnance Battalion

Twelve noncommissioned officers from the 187th Ordnance Battalion and the 120th Adjutant General Battalion (Reception) recite the NCO Creed as they are inducted as NCOs during a ceremony Friday at the 120th Chapel.

Environmental inspection set

Special to the Leader

Fort Jackson is scheduled to have a postwide Environmental Performance Assessment System external assessment Monday through March 25.

This assessment, which is conducted approximately once every three years, produces a comprehensive installation compliance “snapshot” that evaluates the strengths of an installation’s environmental program, as well as any areas that require further development.

The assessment not only identifies areas of noncompliance, but also offers recommendations and estimated costs for corrective actions.

A team from the U.S. Army Environmental Command will conduct the inspection. The team will visit a sampling of all operations on post that have potential environmental impacts. These may include motor pools, fuel storage areas, medical facilities, central heating plants, paint shops, schools, hazardous substance storage areas, dumpsters and construction sites.

The team will also assess postwide recycling and universal waste management. The team will conduct interviews with personnel at the sites, review records and assess strengths and weaknesses of environmental program elements.

Although the team will coordinate

with the Fort Jackson Environmental Division to set up a schedule for group site visits, in some cases, advance notification may not be provided prior to a site visit.

In preparation of the inspection, environmental compliance officers should review the current Fort Jackson environmental compliance checklist and conduct an internal assessment.

Temporarily modifying operations to try to improve before the EPAS assessment can prevent the team from developing an accurate picture of the environmental program and may hinder progress in meeting environmental goals.

For more information, call 751-5904 or e-mail [Patrick.L.Green@us.army.mil](mailto:Patrick.L.Green@us.army.mil).

Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the March 31 Leader must be submitted by today.

Announcementsubmissions are due one week before publication.

For example, an announcement for the March 31 Leader must be submitted by March 24.

Send your submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).

For more information, call 751-7045.



## Women's history month

# Grant: Not a more important job in Army than drill sergeant

Continued from Page 1

do next. I had a lot of fun," Grant said. "The really great thing about being a drill sergeant was every nine weeks you got to see the results of your work."

Back in those days, each company usually had one female drill sergeant. Despite the challenges, Grant excelled at her job. During her second stint as a drill sergeant at Fort Jackson she won the post's Drill Sergeant of the Year competition in 1983.

She then went to represent Fort Jackson in the Army Drill Sergeant of the Year contest.

"The best part of winning was that all female drill sergeants felt like they had won something," Grant said. "It was also a big deal in Columbia. All of the local news stations did a segment on me and the national media even covered it. Winning this recognition for women was an amazing feeling."

Jill Duffee, a training NCO and friend of Grant during her time as a drill sergeant, said it wasn't easy for women in the Army at that time.

"(Women) were treated a lot different all around back then. It was a boy's club and women were just coming into the regular army," Duffee said. "It took a lot for Grant to get where she got."

"There were not very many female drill sergeants at the time. Just a handful," she said. "But Grant was one of the best. She was very dedicated and loved her job."

Today's Drill Sergeant of the Year competitions, which are filled with hands-on events such as a road march in full battle rattle, reassembling an M16 or performing first aid, are nothing like they were in the early 80s.

"It is nothing like it is now," she said. "They took our records like PT and basic rifle marksmanship and sent us before a board of sergeants major. There was no obstacle course or any hands-on portions."

Grant, however, didn't get to where she was with a stereotypical tough-nosed drill sergeant attitude.

"I don't think you have to lead through intimidation. You can instill discipline and still have a good time doing it," she said. "Trainees want to have a sense of belonging and they want to be successful, and the drill sergeant has an obligation to help them achieve those goals."

Despite the long hours and challenging duties, Grant said she looks back fondly at her career as a drill sergeant.

"I would go home at 10:30 p.m. and go back at four in the morning," she said. "The hours were tough and you had to put your family and personal goals aside. But quite

frankly I don't think there is a more important job in the Army."

But being a drill sergeant was only part of Grant's Army career. Coming into the Army with a bachelor's degree, she pursued a master's degree in clinical psychology and eventually obtained a doctorate in psychology and came back to the Army as a captain and psychologist.

She retired from the Army in 1998 and was hired as a DoD civilian psychologist, where she specialized in suicide prevention and post-traumatic stress disorder.

"I did some really cool things helping Soldiers returning from active duty downrange," she said.

Grant now volunteers her time at Fort Jackson with the 165th Infantry Brigade giving quarterly classes to drill sergeants and their spouses on how to survive drill sergeant duty.

She was also recently hired by the University of South Carolina to teach an Introduction to Psychology course for Soldiers at Fort Jackson's Warrior Transition Unit.

*Chris.Rasmussen@us.army.mil*

“There were not very many female drill sergeants at the time. ... But Grant was one of the best. She was very dedicated and loved her job.”

— Jill Duffee

*Former noncommissioned officer*



*Courtesy photos*

**These two undated photos show Galen Grant instructing Soldiers in Basic Combat Training about 30 years ago. Grant served two tours of duty as a drill sergeant on Fort Jackson.**



# Keeping family close, despite distance

Earlier this weekend, I found myself sitting on the floor at 9:30 p.m., surrounded by photo clippings and holding a pair of scissors, wondering whether I had a small photo of my dog to add to a family collage I was making to take to my son's day care room.

And although I knew I was dangerously close to going overboard on the project (I briefly considered Googling the music to the song "You're my Family" — a Nick Jr. staple, so I could accurately draw the notes on the bottom of the collage) making the collage gave me time to reflect on something I have been thinking a lot about: family.

Growing up, I remember spending all summer at my grandmother's house, playing softball with my cousins in a nearby open field, walking down the dusty county road to my aunt's house and exploring the land behind my grandfather's pig pen and cornfield.

Even during the school year, there was a bevy of cousins, aunts and uncles whose houses we often visited. And try as I may, there was no getting away from my two brothers, and later, my sister.

Making the collage, which came on the heels of trip to Mississippi where my son met his first cousins for the

## CRYSTAL CLEAR By Crystal Lewis Brown Fort Jackson Leader



first time, reminded me that his experience will likely be nothing like mine. As a military family, we are constantly on the move, often putting us miles away from our hometowns and our families. So making the 10-hour or so trip to the Mississippi Gulf Coast, or even the seven-plus-hour trip to visit relatives in North Mississippi, isn't always feasible.

Busy work schedules sometimes make it difficult for us to even visit my husband's family members, many of whom live more than three hours away in Atlanta.

While I think we do a pretty good job of promoting

family within our foursome (yes, I'm including the dog), it's hard to teach the type of closeness that comes with hanging out with siblings and other relatives.

That's why I am so grateful for my military "family" that has developed over the years. Even with my family miles away, I know I can call on a girlfriend and drop off my son or have a play date so he can have "siblings" for a few hours.

A couple of weeks ago, we attended a birthday party where my son got to paint alongside friends. I know the craft wouldn't have held his interest for long if it had just been the two of us, but with his temporary "cousins," around, he chose paint after paint, swirling it around on his pottery plate until I finally had to take it away.

So maybe I will take a cue from his day care class and create another collage; one with cousins, grandmas, grandpas, aunts and uncles, so that no matter how far away they may be physically, he will have the opportunity to see family anytime he wants, right there in his room.

*Editor's note: Crystal Lewis Brown is editor of the Fort Jackson Leader and an Army spouse of six years.*

## Family Happenings

### BRIGHTSKIES CLASSES

SKIESUnlimited is offering Bright SKIES Academy Early Learning Classes. The spring session runs through May 26. Classes are 9 to 10:30 a.m., Mondays, Wednesdays and Fridays at 5899 Chesnut Road. Students learn basic academic skills, such as pre-reading and writing, pre-math, recognizing letters and how to write their names.

Children must be fully potty-trained, and must be 3 by Sept. 1. Four-year-olds may attend if they are ineligible for Strong Beginnings and will not be eligible to attend school during the 2011-2012 school year. Call 751-4865/4824 for registration or enrollment questions. Call 751-6777 for questions about SKIES programs.

### FINANCIAL COUNSELOR PROGRAMS

Applications for the 2011 Military Spouse Fellowship Program, which provides recipients with the education needed to become Accredited Financial Counselors, are being accepted through April 15. Applications are available at [www.militaryfamily.org/fellowship](http://www.militaryfamily.org/fellowship).

Army Community Services is co-sponsoring a seminar for those interested in applying for the fellowship, 11 a.m. to noon, March 31, in Room 222 of the Strom Thurmond Building. Call 751-4862 to register.

### RICHLAND ONE TRANSFERS

The application dates for school transfers within Richland One runs through May 1. Richland One parents requesting a student transfer to a new school must apply during this time period in order to be considered for a transfer for the 2011-2012 school term.

Application forms are available at [www.richlandone.org](http://www.richlandone.org). Forms also may be picked up at the Registrar's Office, 1310 Lyon St. Call 231-6944 for more information.

## Awareness Fair



*Photo by SUSANNE KAPLER*

Natalie Mullis, right, explains the benefits of music therapy to Tonya Babou, who works with Child, Youth and School Services, at the Exceptional Family Member Program Resiliency Awareness Fair Tuesday at the Solomon Center. Mullis is a certified music therapist and operates Key Changes Music Therapy Services. About 70 on- and off-post agencies that provide services to families introduced their programs to members of the Fort Jackson community.



## LETTERS

*The Leader welcomes letters to the editor. All letters should include the name and hometown of the writer. Letters should also include a phone number for verification purposes.*

*The Leader reserves the right to edit letters for grammar, style, spelling and brevity. Send your letter to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil). Call 751-7045 for information.*

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# Survivor Outreach Services a way to honor fallen Soldiers

Continued from Page 2

access counseling and other resources.



**IMCOM**  
SOLDIERS • FAMILIES • CIVILIANS

For example, this past year, when it became clear that survi-

Our partnerships with local and national support organizations make this more expanded, inclusive approach possible.

SOS staff has made tremendous progress in a short time, receiving more than 24,000 cases from Casualty and Mortuary Affairs and continually reaching out to survivors, both those who have suffered a loss recently and those whose loss pre-dates the program.

As the program becomes estab-

vors who do not have ID cards were having difficulty getting onto post to use services, SOS developed a survivor vehicle decal program to ease access and provide special recognition. The decals are currently being distributed through SOS offices.

More information on SOS services and survivor resources is available on Army OneSource ([www.myarmyonesource.com/FamilyProgramsandServices/SurvivingFamilies/SurvivorOutreachServices.aspx](http://www.myarmyonesource.com/FamilyProgramsandServices/SurvivingFamilies/SurvivorOutreachServices.aspx)), the SOS Facebook page and garrison SOS Web pages. There are also links to partner organizations whose support is so critical to connecting with and providing for Survivors.

The loss of a Soldier is not a topic people want to talk about, but it is a reality of military life. We do what we can to prevent losses. We train for and plan our combat operations. We stress safety in garrison. We have enhanced programs to prevent risky behaviors and suicide. In the end, though, despite our best efforts, we cannot prevent every loss.

That is why Survivor Outreach Services is so crucial. To honor the fallen Soldier's service and sacrifice for our nation, we can do one last thing — offer support for the loved ones the Soldier left behind.



# Saluting this Basic Combat Training cycle's honorees

## DRILL SERGEANTS OF THE CYCLE



**Sgt. Justina Kurtzhals**  
Company A  
3rd Battalion,  
34th Infantry Regiment  
**SOLDIER LEADER OF THE CYCLE**  
Spc. Adam Stoppelwerth

**SOLDIER OF THE CYCLE**  
Pvt. James Eldridge

**HIGH BRM**  
Pvt. Nicholas Webb

**HIGH APFT SCORE**  
Pfc. Aaron McManus



**Staff Sgt. Justin Miller**  
Company B  
3rd Battalion,  
34th Infantry Regiment  
**SOLDIER LEADER OF THE CYCLE**  
Pvt. Joseph Shimizu

**SOLDIER OF THE CYCLE**  
Pvt. Ryan McCoy

**HIGH BRM**  
Pvt. Bryce Vanderlugt

**HIGH APFT SCORE**  
Spc. Rima Rusnac



**Staff Sgt. Gary Moore**  
Company C  
3rd Battalion,  
34th Infantry Regiment  
**SOLDIER LEADER OF THE CYCLE**  
Spc. Bryan Vallery

**SOLDIER OF THE CYCLE**  
Spc. Ryan Dempsey

**HIGH BRM**  
Pvt. Silas Scarbrough

**HIGH APFT SCORE**  
Pvt. Darius Hopper

Photos by OITHIP PICKERT, Public Affairs Office

## Training honors

Photos by CRYSTAL LEWIS BROWN



**Sgt. 1st Class James Chavers**  
Drill sergeant leader of the Cycle  
Drill Sergeant School



**Staff Sgt. Bryon Love**  
Distinguished honor graduate  
Drill Sergeant School



**Staff Sgt. John Lum**  
Leadership award  
Drill Sergeant School



**Staff Sgt. Francis Wood**  
Physical fitness award  
Drill Sergeant School



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Like us on Facebook. Log on to your account and search for "Fort Jackson Leader."





ACS Calendar of Events — April

THROUGHOUT APRIL  
Child safety/child abuse awareness display — Main Post Library

SUNDAY, APRIL 10 THROUGH SATURDAY, APRIL 16  
Child abuse awareness and sexual assault Awareness display — 8:30 a.m. to 4 p.m.; Moncrief Army Community Hospital

MONDAY, APRIL 4  
English as a second language — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222  
Preparing the family for emergencies/natural disasters — 9 to 10 a.m.; Family Readiness Center  
How the Family Assistance Center can assist families during emergencies/natural disasters — 10 to 11:30 a.m.; Family Readiness Center

TUESDAY, APRIL 5  
Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222  
Adult career assessment — 9 to 11:30 a.m.; call 751-4862 for location  
EFMP family night out — 5 p.m.; Chick-fil-A, Decker Boulevard

WEDNESDAY, APRIL 6  
Post newcomer orientation/tour — 9 to 11:30 a.m.; Post Conference Room  
Bright Honeybee Explorers — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location  
Phase II LEVY brief — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213

THURSDAY, APRIL 7  
Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222  
AER commander’s referral training — 9 to 10:30 a.m.; Education Center, Room B206  
Instructor-led computer training — intermediate MS Excel — 9 a.m. to noon; call 751-4862 for location  
EFMP Riverbanks Zoo outing — 11 a.m. to 1 p.m.; 500 Wildlife Parkway; participants must be enrolled in EFMP; to RSVP, call 751-5256  
English as a second language conversational — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222

MONDAY, APRIL 11  
Managing FRG funds; treasurer training — 9 to 10 a.m.; Family

Readiness Center  
English as a second language class — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222  
Establishing communication with families; key caller training — 10 to 11:30 a.m.; Family Readiness Center

TUESDAY, APRIL 12  
Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222  
Steps to federal employment — 9 a.m. to noon; Strom Thurmond Building, Room 222  
Baby Basics workshop — 10 a.m. to 3 p.m.; For more information, call 751-6304/1071/6868  
EFMP family night at EdVenture Children’s Museum — 5 p.m., 211 Gervais St., \$1 per person

WEDNESDAY, APRIL 13  
Job searching strategies — 8:30 to 11:30 a.m.; Strom Thurmond Building, Room 222  
Bright Honeybee Explorers — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location  
Monthly SOS support groups — 5 to 7 p.m.; open to spouses and family members of fallen service members; for more information and to RSVP, call 751-4867

THURSDAY, APRIL 14  
Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222  
Instructor-led computer training — intermediate MS PowerPoint — 9 a.m. to noon, location to be announced  
Stress management class — 11 a.m. to noon; Community Center  
English as a second language conversational — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222

FRIDAY, APRIL 15  
Hearts Apart “Mother’s Day” event — 6 to 8 p.m.; Family Readiness Center

SATURDAY, APRIL 16  
Teen workshop: job search assistance — 10 a.m. to noon; call 751-4862 for location  
Survivor Outreach Services: Gold Star Family spring fling luncheon — 11 a.m. to 2 p.m.; NCO Club; open to families of fallen Soldiers and special guest; call 751-4867 to RSVP

MONDAY, APRIL 18  
English as a second language class — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222  
FRG basic training — 8:30 a.m. to 4 p.m.; Family Readiness Center

TUESDAY, APRIL 19  
Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222  
Resume writing/interviewing skills workshop — 8:30 a.m. to noon; Strom Thurmond Building, Room 222  
Starting and running a small business — 9 to 11:30 a.m.; call 751-4109 to register.  
Relocation planning (stateside workshop) — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213  
EFMP bowling — 3:30 to 5 p.m.; Century Lanes Bowling Center; call 751-5256 to register  
1-2-3- Magic: Effective discipline for children 2-12 — 10 a.m. to 3 p.m.; call 751-6304/1071/6868 for more information

WEDNESDAY, APRIL 20  
ACS-FAP pathway to resilience: Connecting the community workshop — 8:30 a.m. to 4 p.m.; NCO Club; keynote speaker: Veraunda Jackson; attorney, author, trainer and consultant  
Fort Jackson spouses forum: “Spouses united in Victory” — 9 to 11:30 a.m.; Family Readiness Center  
Bright Honeybee Explorers — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location  
Phase II LEVY brief — 2:30 to 3:30 p.m.; Strom Thurmond Building, Room 213

THURSDAY, APRIL 21  
Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222  
Instructor-led computer training — intermediate MS Word — 9 a.m. to noon, location to be announced  
Anger management class — 11 a.m. to noon; Community Center; call 751-6325 to register; a class certificate is provided  
English as a second language conversational — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222  
Army sponsorship training for Soldiers — 1:30 to 2:30 p.m.; Strom Thurmond Building, Room 213  
Foreign-born spouses support group — 6 to 8 p.m.; Family Readiness Center

MONDAY, APRIL 25  
English as a second language class — 9 to 11:30 a.m.; Strom Thurmond Building, Room 222  
Evening breastfeeding support group — 5:15 to 6:30 p.m.; for more information, call 751-6304/1071/6868

TUESDAY, APRIL 26  
Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222  
Relocation planning (stateside workshop) — 10 to 10:30 a.m.; Strom Thurmond Building, Room 213  
Become a Hero Helper — 10 to 11:30 a.m.; Strom Thurmond Building, Room 213  
Lunch and learn: welding seminar — noon to 1 p.m.; Strom Thurmond Building, Room 222; scholarships will be available

WEDNESDAY, APRIL 27  
Job searching strategies — 8:30 a.m. to noon; Strom Thurmond Building, Room 222  
Bright Honeybee Explorers — 9 to 11:30 a.m.; call 751-6304/1071/6868 for location  
Denim Day and Walk — 11 a.m.; Semmes Lake  
Phase II LEVY brief — 2:30 to 3:30 p.m.; Strom Thurmond Building; Room 213

THURSDAY, APRIL 28  
Inprocessing/re-entry brief — 7:30 to 8 a.m.; Strom Thurmond Building, Room 222  
Financial/relocation planning for initial PCS move — 9 to 10:30 a.m.; Education Center, Room B208  
How to conduct online job searches — 9 to 11:30 a.m.; call 751-4862 for location  
Parent power: parenting children 13 to 18 years old — 9 a.m. to 3 p.m.; for more information and to register, call 751-6325  
English as a second language conversational — 12:30 to 2 p.m.; Strom Thurmond Building, Room 222  
EFMP support group — 5 p.m.; Family Readiness Center

All ACS classes require registration and are subject to change. For more information and to register, call 751-5256/4862/6325.  
The Family Readiness Center is located at 3499 Daniel Circle. The Community Center is located at 520 Brown Ave.



Calendar

*Saturday*  
**Fort Jackson schools Patriot 5K and Dragon Mile fun run**  
8 a.m., Hilton Field  
Register at C.C. Pinckney Elementary School or Pierce Terrace Elementary School.

**Teen job fair**  
10 a.m. to noon, Solomon Center  
For more information, call 751-4862.

*Tuesday*  
**Fatherhood forum**  
7 to 8:30 p.m., Family Readiness Center  
For more information, call 751-6325 or e-mail *Charles.Gregory.Lewis@us.army.mil*.

*Friday, March 25*  
**Commissary tour**  
8:30 a.m, Commissary  
Tour the Commissary to learn about shopping for healthful groceries. For more information, call 751-2115.

*Tuesday, March 29*  
**Resiliency training for family members**  
9 a.m to 2 p.m., Family Readiness Center  
To register for free child care, call 751-1970. For more information and to register for the training, call 751-5444 or e-mail *Marilynn.Bailey@us.army.mil*.

**American Red Cross volunteer recognition**  
11:30 a.m. to 1 p.m., NCO Club  
Lunch is free for active volunteers who register in advance. Tickets are available for guests. To RSVP, call 751-4329.

*Thursday, March 31*  
**Financial counselor seminar**  
11 a.m to noon, Strom Thurmond Building, Room 222  
This seminar informs military spouses on a free fellowship program to become accredited financial counselors. For more information and to register, call 751-4862. The deadline to apply for the program is April 15.

*Friday, April 1*  
**Community health fair**  
11 a.m. to 4 p.m., Solomon Center  
The event is free and features Zumba fitness and exercise demonstrations, BMI and wellness testing, podiatry exams and healthful food samples. For more information, call 751-5768.

Housing events

*All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.*

*Ongoing*  
**Pals for Paws drive**  
Donate towels, newspapers, blankets and

pet food for the Pals for Paws drive to benefit local animal shelters.

*Today*  
**St. Patrick's Day shamrock planting**  
3 p.m.  
Celebrate St. Patrick’s Day by planting shamrocks. Balfour Beatty will provide the materials while supply lasts.

*Friday*  
**Pierce Terrace 7 neighborhood huddle**  
Noon, in the cul-de-sac of Moses and Carter  
Lunch will be provided. Attendees should take chairs. Residents of Pierce Terrace 7 are encouraged to attend.

**American Red Cross blood drive**  
9 a.m. to 2 p.m.  
Contact Alana to schedule a donation time. Every donor will receive giveaways.

*Tuesday*  
**1-2-3 Magic Parenting Workshop**  
10 a.m. to 3 p.m.  
This workshop, hosted by the ACS New Parent Support Group, provides parents with practical information on child discipline. Call 751-1071.

Announcements

**LITERARY FAIR**  
Child, Youth and School Services will host a literary fair, 9:30 a.m. to noon at Hilton Field. One of the activities will be an “Original Poetry and Stories Corner.” Students who would like to participate should submit an original poem or story to the School Liaison Office. For more information, call 751-6150.

**FATHER OF THE YEAR**  
The Family Advocacy Fatherhood Program is seeking nominations for the Fort Jackson Father of the Year. Nominations are open to all Fort Jackson-affiliated active-duty service members, retirees and civilian employees.

Nominations will be accepted through April 15. For more information on how to nominate, e-mail *Charles.Gregory.Lewis@us.army.mil*.

**JAG CLOSURE**  
The Office of the Staff Judge Advocate, including legal assistance and claims, will close at 1:30 p.m., Friday for training. Normal office hours will resume March 21.

**ASP CLOSURE**  
The Ammunition Supply Point will be closed for its quarterly inventory Monday through Friday. All unit issues must be picked up by 11 a.m., today. For more information, call 751-4017/6586.

**SKIES LOCATIONS**  
Bright SKIES Academy and other SKIESUnlimited life skills classes now take place in the Hood Street SAS building at 5614 Hood St. (rear building). The SKIESUnlimited Family Center is located at 6514 Chesnut Road. Note that the building number has

changed, but not the physical location.

**DENTAL EXAMS, CLEANINGS**  
Soldiers requiring a dental exam are now able to schedule an exam and cleaning for the same time. The Soldier's dental record must be on hand at Hagen Dental Clinic when scheduling the appointment. For more information, call 751-4878.

**CYSS SEEKING VOLUNTEERS**  
Child, Youth and School Services is seeking volunteers to help with Month of the Military Child events April 23 (spring jamboree and Easter egg hunt) and April 30 (children's fair). Volunteers are needed from 8 a.m. to 4 p.m. to assist with setup, breakdown and various activity booths. For more information, call 751-4869 or e-mail *Angela.J.Austin@us.army.mil*.

**STRESS REDUCTION COURSE**  
Army Substance Abuse Program will offer a six-week stress and anxiety reduction course starting Wednesday. The group will meet 3 to 4:30 p.m. at the seventh floor group room at Moncrief Army Community Hospital. For more information and to register, call 751-6597.

**MACH NUTRITION CLINIC**  
The following classes are scheduled for March:  
— Cholesterol and high blood pressure class, 2 to 3 p.m., March 24  
— Victory weight loss class, 2 to 3 p.m., today  
All classes take place at Moncrief Army Community Hospital, Room 8-85. For more information and to register, call 751-2115/2363/2273.

**TAX CENTER HOURS**  
The Fort Jackson Tax Center operating hours on Mondays and Wednesdays are 9 a.m. to 9 p.m. The operating hours for Tuesday, Thursday and Friday are 9 a.m. to 4 p.m. The Tax Center is located at 4330 Magruder Ave. Call 751-JTAX (751-5829) for information.

**KARATE CLASSES**  
SKIESUnlimited now offers the following Karate classes:  
— Beginner Karate, 6 to 7 p.m., Tuesdays and Thursdays, for ages 5-18  
— Intermediate Karate, 7 to 8 p.m., Tuesdays and Thursdays, for ages 5 -18  
— Li'l Kickers Karate, 5:15 to 6 p.m., Fridays, for ages 3-5  
All classes take place at 5899 Chesnut Road. For more information, call 751-6777.

**PALMETTO TRAIL CLOSURE**  
The Palmetto Trail is closed for timber harvesting between Heise's Pond and Division Road. The trail is expected to be closed until March 31.

**PHONE BOOK RECYCLING**  
The Fort Jackson Recycling Center, 5671 Lee Road, will accept telephone books for recycling through March 31.

*Visit the community calendar at [www.jackson.army.mil](http://www.jackson.army.mil) for a full listing of calendar events.*  
*Community announcements may be edited to comply with Leader style and Public Affairs regulations.*  
*Send all submissions to [FJLeader@conus.army.mil](mailto:FJLeader@conus.army.mil).*

SSI honors USO



Courtesy photo

**Brig. Gen. Mark McAlister, commanding officer of the Soldier Support Institute, presents Joanie Thresher, director of the USO South Carolina, with a gift Monday at the USO Lounge in the Columbia airport. McAlister presented the gift in recognition of the USO’s support of the SSI’s Soldiers.**



# Wagging tails, wet kisses

## Annual dog show to star pet pals

By **THERESA O'HAGAN**  
*Family and MWR*

For the fifth year in a row, Fort Jackson dog lovers can show off their best friends in the wackiest dog show ever, the April Fool-ish Dog Show, April 3 at the Youth Sports Complex.

The annual dog show is just one of the many activities scheduled for April to support Month of the Military Child and the Army Family Covenant.

If your dog never barks to wake the dead in the middle of the night, has a coat that is always smooth and shiny, breath like perfume, and never, ever leaves puddles on the floor, the Child, Youth and School Services April Fool-ish Dog Show is not the dog show for him (or her).

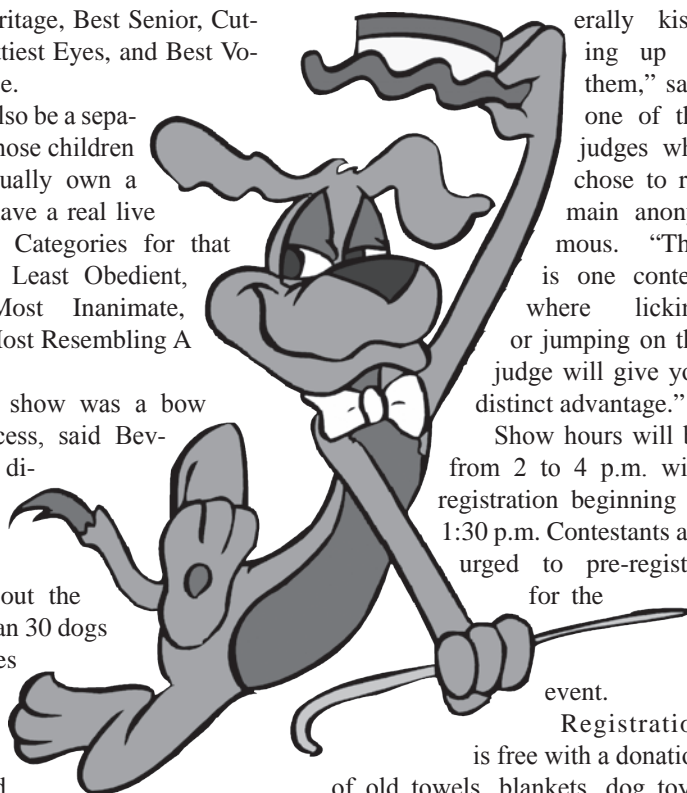
Competition will be ruff and could get a little hairy. All participants will receive a "doggy bag" for participating, but first, second and third place awards will be given in the following categories: Prettiest Eyes, Hairiest Dog, Longest Tail, Most Diva-Like, Celebrity/Owner Look-A-Like, Longest Ears, Best Costume, Best Kisser, Most Unique Trick, Ya Gotta Love Me, Most

Mysterious Heritage, Best Senior, Cutest Puppy, Prettiest Eyes, and Best Vocal Performance.

There will also be a separate show for those children who don't actually own a live dog, but have a real live "stuffed" dog. Categories for that show include: Least Obedient, Squeeziest, Most Inanimate, Biggest, and Most Resembling A Real Dog.

Last year's show was a bow wows-ing success, said Beverly Metcalfe, director, EDGE who paws-ed to speak to the *Leader* about the event. More than 30 dogs of all shapes and sizes participated and a tail-waggin' time was had by both the two-legged and four-legged participants.

"This year we expect even more dogs and will have a very hard time deciding on the winners. I don't think any dog has ever left empty handed. Or is that empty pawed? Every year all of the dogs are wonderful. Of course the very smart ones know how to influence the judges by turning on the charm and lit-



erally kissing up to them," said one of the judges who chose to remain anonymous. "This is one contest where licking or jumping on the judge will give you distinct advantage."

Show hours will be from 2 to 4 p.m. with registration beginning at 1:30 p.m. Contestants are urged to pre-register for the

event.

Registration is free with a donation of old towels, blankets, dog toys, leashes, or treats. All proceeds will be donated to the Fort Jackson Veterinary Clinic.

Pre-registration packets may be obtained at any CYSS location or at the CYSS Central Enrollment Office in the Joe E. Mann Building, 3392 Magruder Ave.

For further information, contact Beverly Metcalfe at 751-3053.

## MARCH CLASSES

The *EDGE!* offers free classes as part of the Army Middle School and Teen Initiative for those 11 years and older. For children 9 and 10, classes are \$5 per hour. Call 751-3053 for more information.

### EDGE! CLASSES

- ❑ **Project Runway** — 3:30 to 5 p.m., Mondays, 5955 Parker Lane. For ages 8 to 15.
- ❑ **Bling it with the EDGE!** — 3:30 to 5 p.m., Tuesdays and Thursdays, 5955-D Parker Lane. For ages 10 to 18.
- ❑ **House of Cards** — 3:30 to 5 p.m., Fridays, 5955-D Parker



Lane. For ages 8 to 15.

- ❑ **Presto! It's Magic** — 4 to 5 p.m., Tuesdays, 5955-D Parker Lane. For ages 10 to 18.
- ❑ **On Target with the EDGE!** — 4 to 6 p.m., Wednesdays and Fridays, meet at Balfour Beatty. For ages 11 to 18.
- ❑ **Leprechaun in Late Winter** — 3:30 to 5 p.m., Thursday, Post Library. For ages 6 to 10.

*SKIES* Classes, including *Bright SKIES*, are for

children 2 1/2 to 18 years old. For a complete list of classes, visit <http://fortjacksonmwr/skies> or call 751-4865.

### SKIES/BRIGHT SKIES CLASSES

- ❑ **Bright SKIES Academy** — 9 to 10:30 a.m., 5899 Chesnut Road, Mondays, Wednesdays and Fridays. For 3- to 4-year-olds. Cost is \$75 per month.
- ❑ **Pre-school Spanish** — 9 to 10 a.m., 5899 Chesnut Road, Tuesdays and Thursdays. For 3- to 5-year olds. Cost is \$60 per month.
- ❑ **Beginner Spanish** — 4:30 to 5:30 p.m., Mondays, 5899 Chesnut Road. For children 5 and older. Cost is \$40 per month.

## FMWR calendar

### THURSDAY

- ❑ Visit **Century Lanes** for food, fun and bowling.
- ❑ **Victory Bingo**, 2 to 11 p.m.
- ❑ Sleepy Storytime at the **Post Library**, 6:30 to 7 p.m. Come in pajamas and go home ready for bed.
- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available, while they last.

### FRIDAY

- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ **Victory Bingo**, starts at 2 p.m.
- ❑ Friday night special at **Ivy Lanes**. Games and shoe rentals cost \$2 each, 5 to 10 p.m. Open to all permanent party service members.
- ❑ Dance to a variety of music provided by DJ Randall at **Magruder's Club**, 9 p.m. to 3 a.m. Magruder's Club is located in the back of Magruder's Pub. Cover charge is \$5 for civilians and \$3 for military. Every other Friday, sing along to Linda's Carraoke Karaoke. Be early for happy hour, 4:30 to 7 p.m. Appetizers are available, while they last.
- ❑ Every Friday is Artistic Expression with Jake at 6:30 p.m. in the Teen Room at the **Youth Services Center**.

### SATURDAY

- ❑ **Victory Bingo**, starts at 1 p.m.
- ❑ Step Team practice, 2 p.m., dance room at the **Youth Services Center**.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excaltibur Room at the **NCO Club**. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at **Magruder's Club and Pub**.

### SUNDAY

- ❑ **Victory Bingo**, starts at 10 a.m.
- ❑ Visit the **Officers' Club**, 11 a.m. to 1:30 p.m. for "Get a pie for your reservation" brunch. For more information, call 782-8761.

### WEDNESDAY

- ❑ **Magruder's Pub and Club** happy hour, 4:30 to 6:30 p.m. Appetizers are available while they last.
- ❑ Victory Readers Club, 6 to 8 p.m., **Post Library**
- ❑ **4-H Club** meets 4 to 5 p.m. For grades 1-5. Call 751-1136 for information.

### ONGOING OFFERS

- ❑ The NCO Club breakfast is served 6 to 9 a.m., Monday through Friday. The cost is \$8 for adults and \$3.75 for children 4 to 10 years old.
- ❑ The Officers' Club specializes in wedding receptions, anniversaries, promotions and other special occasions. For more information, call 782-8761.
- ❑ Child, Youth and School Services provides child care and youth programming on Saturdays at no cost for active-duty parents who must work to meet mission requirements. Others requiring care may sign up, but will pay the usual hourly rate. For more information, call 751-4865.
- ❑ The Officers' Club is open for lunch Tuesday through Friday, 11 a.m. to 1:30 p.m.



Follow the Leader on Twitter at [www.twitter.com/fortjacksonpao](http://www.twitter.com/fortjacksonpao).



# TBI: what service members should know

By JOANNE HSU

U.S. Army Public Health Command (Provisional)

March is National Brain Injury Awareness Month. Brain injuries, specifically traumatic brain injuries, are major health concerns in the military. Twelve percent of troops (about 320,000) returning from Iraq and Afghanistan reported experiencing TBI.

TBI is defined as a blow or jolt to the head or a penetrating head injury that disrupts the function of the brain. "Concussion" is also used to describe TBIs. Symptoms of TBI include headaches, dizziness, tiredness, trouble concentrating, forgetting things, irritability, balance problems, trouble sleeping and changes in vision.

Service members can benefit from being aware of TBI and its symptoms because it is easy for TBI to be overlooked by a doctor. This could be because brain injury symptoms may not be apparent until weeks or months after a traumatic event. This is especially the case with closed-head trauma where there are no visible effects such as bleeding or a broken skull.

TBI is hard to distinguish from other emotional or behavioral problems such as post traumatic stress disorder or depression. There are still many unknowns about injuries to the brain as a result of blasts or explosions. According to the *New York Times*, "These are the first wars (Operation Enduring Freedom and Operation Iraqi Freedom) in which Soldiers protected by strong armor and rapid medical care, routinely survive explosions at close range and then return to combat."

Explosions or blasts are the leading cause of TBI for active duty military personnel in war zones.

There are two major things Soldiers and their families can do about TBI:

- Know the signs and symptoms of concussions, and see a doctor if symptoms continue for more than three months.

- Keep the Defense Veterans Brain Injury Center

phone number (1-800-870-9244) nearby.

DVBIC can answer questions

Soldiers might have on TBI or direct Soldiers to medical providers.

For deployed

Soldiers, here are tips on how to protect against brain injuries:

- Wear a helmet or other appropriate head gear when on patrol or in other high-risk areas.

- Wear safety belts when traveling in vehicles.

- Check for obstacles and loose debris before climbing/rappelling down buildings or other structures.

- Maintain clean and orderly work environments that are free of debris.

- Be aware of what is on the ground around you at all times when aircraft rotors are turning.

- Use care when walking on wet, oily or sandy surfaces.

- Employ the buddy system when climbing ladders or working at heights.

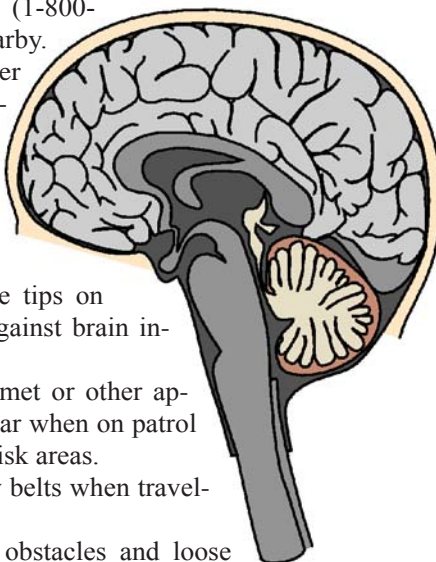
For more information on TBI:

- Defense and Veterans Brain Injury Center, <http://www.dvbic.org/TBI---The-Military/TBI-Facts.aspx>

- Defense and Veterans Brain Injury Center <http://www.dvbic.org>

- Defense and Veterans Brain Injury Center, [http://glwach.amedd.army.mil/patient\\_care/clinics/tbi/TBI\\_Awareness.pdf](http://glwach.amedd.army.mil/patient_care/clinics/tbi/TBI_Awareness.pdf);

- University of Washington Traumatic Brain Injury Model System; <http://depts.washington.edu/uwtbi/Education/patiented.htm>;



## IN THE KNOW

Moncrief Army Community Hospital joins the rest of the country in recognizing March as National Brain Injury month.

Fort Jackson began screening returning Service Members for TBI in 2007 as part of their post deployment health reassessment. Soldiers who screen positive on the PDHRA are referred for additional screening by the TBI program at MACH.

TBI case managers document injuries and obtain a history and list of current symptoms. The Soldier is then scheduled to see the TBI primary care provider who obtains a detailed history and physical exam. The MACH TBI clinic, located on the sixth floor of the hospital, is initiating the Automated Neuropsychological Assessment Matrix, a computer-based tool designed to detect speed and accuracy of attention, memory and thinking ability.

This test will be conducted prior to and upon return from deployment and will be used to identify and monitor a Soldier's changes in function. The results from ANAM testing will help TBI and health care staff compare a Soldier's speed and accuracy of attention, memory and thinking ability before and after an injury.

Visit the interactive booth set up at the hospital's ground-floor entrance for helpful information and activities about TBI. For more information on the TBI program, contact Ron Talley at 751-2932 or Danny Grant at 751-2845.

- Brainline, <http://www.brainline.org/index.html>
- New York Times, <http://www.nytimes.com/2008/08/26/us/26tbi.html>

## Dental 'assistance'

Col. Paul Forte, right a dentist with Hagan Dental Clinic, and Bettie Davis, dental assistant, sort through tools while preparing to assist a patient at the clinic. Hagan Dental Clinic celebrated National Dental Assistant Appreciation Week last week with a variety of activities.

Photo by SUSANNE KAPPLER





# Having a will can protect family, property

By **CAPT. JOHN BATEMAN**  
Legal Assistance Office

What will happen to your property when you die? If you have a will, then you can control who receives your property, and you can also ease the burden on your loved ones by streamlining the probate process.

When someone dies without a will, he or she is intestate. Each state has its own intestacy statutes that control the distribution of property in the event of an intestate death. In South Carolina, if a person who has a spouse and several children dies intestate, then that person's estate (property) is divided as follows: 50 percent to the surviving spouse and 50 percent to the children. This may not be the best result for the family, nor may it be consistent with the wishes of the deceased.

To control the distribution of your property at your death, you need to have a Last Will and Testament. The person who is signing the will is the testator. A testator who is married and has children only born out of the present marriage will typically leave everything to his or her spouse. However, if the spouse should predecease the testator, then everything will be divided among the testator's children.

Needless to say, there are many variations to this form. Imagine a common situation: the testator is married, but was married previously and has children from that previous relationship. In this case, the testator may have worries that if he or she leaves everything to his or her present spouse, the children from the previous marriage will be left out. In a situation such as this, the testator may decide to grant a portion of the estate to any such children, regardless of whether his spouse should survive him or not.

In each of the above situations, the testator will need to nominate someone to serve as the personal representative

of the estate. This is the person who will be responsible for filing the will with probate court, dealing with any creditors of the estate, and ensuring that the beneficiaries listed in the will receive their share of the estate.

If the testator has any children under the age of 18, then it would also be prudent to nominate a guardian for the minor children in case something should happen to both of the parents.

Also, if there are minors who should stand to inherit, the testator should consider whether they should inherit subject to the terms of a trust, or if it should be within the discretion of the personal representative whether to give the bequests to the minor children before the age of 18.

Please note that life insurance payable to a specific beneficiary is not a probate asset and is disbursed without regard to the terms of your will. If you are getting a will for the first time, or changing your will, it is a good time to also make sure that your life insurance beneficiary designation is current.

Certain accounts, like checking or savings accounts, can be held between spouses as joint tenants with right of survivorship. With a joint tenancy with a right of survivorship, if one spouse dies then the other one automatically receives the account.

The contents of the account are not considered probate assets. Typically, the account holders will be listed as

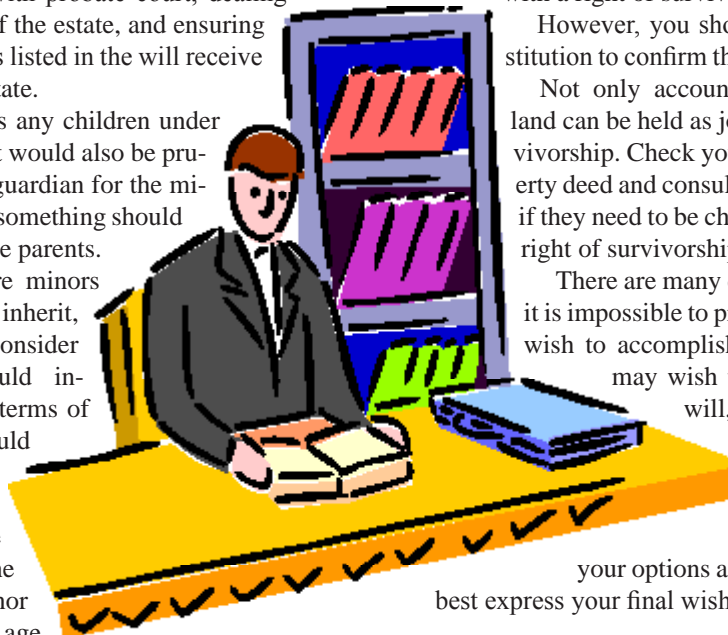
"John Doe or Jane Doe" if the account lists joint tenants with a right of survivorship.

However, you should contact your financial institution to confirm that they follow this convention.

Not only accounts, but also automobiles and land can be held as joint tenants with a right of survivorship. Check your vehicle registration or property deed and consult with an attorney to determine if they need to be changed into a joint tenancy with right of survivorship.

There are many different family situations, and it is impossible to predict what one individual may wish to accomplish with his will. Some people may wish to donate to a charity in their will, or to remember a friend. Others may be concerned about the welfare of their pets.

Consult with a legal assistance attorney to explore your options and also to ensure that your will best express your final wishes.



## Fort Jackson Legal Office

The Fort Jackson Legal Office provides legal services — including powers of attorney, living wills and health care powers of attorney — to eligible people.

For more information, or to schedule an appointment to speak with an attorney, call 751-4287. Office hours are Monday through Friday, 9 a.m. to 4 p.m.

Walk-in clients are accepted 9 to 11 a.m., Thursdays. Appointments are required for wills. The office is closed on federal and training holidays. The office is located at 9475 Kershaw Road on the corner of Kemper Street and Kershaw Road.

## FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

**Col. Ronald F. Taylor**

Director,  
Emergency Services/Provost Marshal

**Sgt. Maj. Glen W. Wellman III**

Provost Sergeant Major

**Bill Forrester**

Fire Chief



belt violation during a traffic stop, MPs said. Proper restraints are required for all those driving and riding in vehicles on post.

□ A civilian was issued a three-year bar letter after being charged with drunken driving, MPs said. The civilian was administered three sobriety tests, which he failed, MPs said. MPs also found an open bottle of alcohol in the vehicle. The civilian was also charged with having an open container and no proof of insurance. His driver's license was confiscated and his vehicle was towed from the installation.

### CASES OF THE WEEK

□ A civilian was issued a one-year post bar letter after being charged with simple assault, Military Police said. The civilian was accused of slapping another woman when a verbal disagreement turned physical, MPs said. Both were released on their own recognizance.

□ A civilian was charged with a seat-

### REGISTRATION OFFICE RELOCATES

The Vehicle Registration and Physical Security offices have relocated to 4394 Strom Thurmond Blvd.

**crimestoppers**  
1-888-559-TIPS  
www.midlandscrimestoppers.com

## Leader deadlines

Article submissions are due two weeks before publication.

For example, an article for the March 31 Leader must be submitted by today.

Announcement submissions are due one week before publication.

For example, an announcement for the March 31 Leader must be submitted by March 24.

Send all submissions to



FJLeader@conus.army.mil.

For more information, call 751-7045.



Do the Shamrock Shuffle



Above, Travis Martin and Jamie Wall run toward the finish line in Saturday's Shamrock Shuffle 5K/10K fun run. Wall eventually pulled ahead of Martin to run the fastest time, 22 minutes, 24 seconds, during the 5K run. At right, Michael Herndon heads down the home stretch on his way to capture a first place during the 10K portion of Saturday's run, with a time of 40 minutes, 25.6 seconds. More than 80 participants participated in the event. The top three runners in the 5K were: First, Jamie Wall; second; Travis Martin; third, Jay Pringle. The top three runners in the 10K were: First, Michael Herndon; second; Anthony Kozleuchar; third, Marc Burd.

Courtesy photos



Sports shorts

POST GOLF TEAM

Try out for the Post golf team April 16-17 at the Golf Course. The top six players will make the team. Active-duty Soldiers can contact the golf course to sign up. The team will represent Fort Jackson in at least two golf tournaments.

PATRIOT 5K/DAGON MILE

A 5K run to support family literacy is scheduled for 9 a.m., March 26 at Hilton Field. There will also be a 1-mile fun run/walk at 10:30 a.m. The Patriot 5K costs \$12 and the Dragon Mile Fun Run/Walk costs \$7. Both fees include a T-shirt. All proceeds benefit Fort Jackson Schools. Registration forms are available at both post schools.

DUALATHON

A dualathon — swim and run — is scheduled for April 30 at Knight Pool. The event is for active duty only and includes a 200-meter swim and 3.5-mile run. Participants may compete as individuals or a team. Names and ages are due to the Sports Office by 3 p.m., April 20.

FITNESS/BODYBUILDING COMPETITION

A natural fitness/bodybuilding competition is scheduled for June 25 on post. Competition includes men's bodybuilding, women's bodybuilding and figure. Registration is open to all military, civilian employees and family members. Visit [www.fortjacksonmwr.com/fitness](http://www.fortjacksonmwr.com/fitness) for more information. Register online at <https://webtrac.mwr.army.mil/webtrac/jacksonrectrac.html>. Call 751-5768 for more information.

GOLF

Registration is open through Tuesday for intramural and recreational golf. League play begins April 5. Teams may have up to eight players. Matches are played 5 p.m., Tuesdays. To register, submit the players' names and team name to the Sports Office. A captains' meeting will be scheduled before league play begins. For more information, call the Sports Office at 751-3096.

GYM CLOSURES

- The following will be closed during the specified dates:
- ☐ Vanguard Gym racquetball court — through Friday
  - ☐ Coleman Gym racquetball court — Saturday through Tuesday
  - ☐ Andy's fitness studio — Wednesday through March 26

LIFEGUARD CLASSES

Registration for lifeguard classes is under way. Upcoming dates are: March 25-April 3; April 15-24; May 13-22; May 27-June 5; and June 17-26. Each class runs 4 to 9 p.m., Fridays, 9 a.m. to 6 p.m., Saturdays and 1 to 6 p.m., Sundays. The fee is \$100 for ID-card holders and \$150 for non ID-card holders. Call 751-4796 for more information.

SWIM LESSONS

Adult swim lessons are being offered at Knight Pool. Each two-week session consists of eight classes and cost \$40. Beginner classes are 4:30 to 5:30 p.m., and upcoming dates are: Monday through March 24; April 11-21; May 16-26. Intermediate classes begin at 5:30 p.m. on those same dates. Call 751-4796 for information.

Winter basketball standings\*

Monday/Wednesday League		Tuesday/Thursday League	
VA**	12-2	NightFlyte**	12-0
MEDDAC	11-3	LOD**	9-1
81st RSC**	10-3	80th**	9-3
Swampfoxes**	10-2	SSI/TSB	8-6
120th	9-4	4-10th	7-5
2-39th	8-5	81st	6-6
SCNG**	7-6	187th	6-6
3-34th	5-9	1-61st	5-5
1-34th	6-6	2-60th**	2-10
171st	3-11	3-60th	2-9
1-13th	2-10	165th	1-12
Enforcers**	2-11	193rd	out
TFM	0-12	*Standings as of Wednesday morning	
		**Denotes recreational teams	

Darts standings

Team	Points
187th	23
Sharp shooters	20
165th	14
1st CivDiv	12
TFM	13
4-10th	10
193rd	8
120th	7
3-34th	2

Darts teams play Thursdays at Magruder's Pub and Club.